

DECEMBER SENIOR CORNER

Marsha Petrillo, Director – 508-278-8622

Robin Heron, Nutrition Site Manager – 508-278-7609

Joe Rondeau, Transportation Coordinator - 508 – 278-8622

Mary Rice, Outreach Coordinator – 508-278-8638

Be a good Neighbor... Please check in on your elderly neighbors this holiday season. Many shut-ins and seniors would welcome a phone call or a short visit. Letting them know you care, and are looking out for their well being, gives others a lift as well as peace of mind.

SENIORS, PLEASE DON'T FORGET...

We have medical equipment and other items you can borrow at any time. Just stop by the center if you are in need of canes, crutches, wheelchairs, bathtub equipment, walkers, VHS videos, magazines or books. If you have music CD's, gently used books, or medical equipment you no longer need, please consider donating these items to us so we can pass them along. This month we are especially in need of wheelchairs (in good working order, please) and metal lightweight crutches. Your donations help others in need. Thank you!

WISH LIST

The Senior Center is in need of diabetic candy, diabetic cookies, healthy snack foods, decaffeinated coffee, movie videos and big band music CD's. We appreciate your gifts. Call 508-278-8622 if you have donations you think we could use. Thank you.

COMPUTER CORNER

No Computer Classes during the winter months. Please feel free to stop by any time to check your e-mail and use our computers. The lab is usually open M-F from 8:30 AM to 4:00 PM.

If you are interested in learning about on-line banking, searching the Medicare.gov website for the best Medicare Part D prescription drug plans, or researching your family tree, please consider signing up for our new classes, beginning next spring, geared to meet your individual needs. We will also be offering Introduction to Microsoft Word, Word II, and Beginner E-mail classes. Call the Center to sign up early. Our classes are small, only four workstations per class. Our smaller classes help you to learn in a relaxed and friendly

atmosphere. Call 278-8622 to enroll early! Remember, you can bring your laptop!

GROCERY SHOPPING:

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

Do you have questions about MEDICARE PART D? We are pleased to announce our SHINE representatives, Mary Rice and Phyllis Howell, will be available to assist you with any health insurance and prescription drug questions on the first Thursday of every month from 9:00 am to 11:30 am. Please call the Senior Center at 508-278-8622 to make an appointment. No walk-ins please!

SMOC ~ FUEL ASSISTANCE

The Uxbridge Senior Center is an official in-take site for fuel assistance. If you have any questions about the process, eligibility, or documents needed to accompany the application, we can help. Please call the Center @ 508-278-8622 for further information or to schedule an appointment.

DECEMBER- 2005 - UPCOMING EVENTS

Pitch Party Every Monday Night: December 5th, 12th, & 19th No Pitch on Monday, December 26th – Center Closed for Christmas. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1st, 2nd, 3rd prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

Thurs., Dec 1st :

SHINE Representatives Mary Rice and Phyllis Howell will be on hand from 9:00 am to 11:30 am to answer your medical and insurance questions. Bring your questions concerning Medicare's new prescription drug plans, Prescription Advantage Coverage and what options are available for you. You must call 508-278-8622 for an appointment.

Sat., Dec 3rd:

5:00-8:00 PM – UXBRIDGE FIRST HOLIDAY NIGHT featuring Garry Lundgren – Honky Tonk Piano man with all his holiday favorites! We will have complimentary coffee, refreshments and family Christmas photos by the tree. Also, we are pleased to welcome “Gramma’s Shop” at the Senior Center this year. The Grammas’ will be selling raffles for their giant raffle table which will have something for all ages! Uxbridge throws will also be for sale and free hot apple cider and cookies will be served compliments of “The Grammas”! Remember, all proceeds from raffle tickets and throw sales go to the First Night Committee to help defray the costs of First Night. Stop by the Senior Center for a jolly good time and kick off the holiday season with us. We look forward to seeing you!

Sun., Dec 4th:

Senior Club Christmas Luncheon 1:00 – 4:00 pm. This event is for senior club members and their guests. Thank you Robin Heron, Tri Valley Food Site Manager, for catering the entire holiday luncheon this year! If you are interested in joining our Senior Club, please call Shirley Turner, club president, at 508-278-8622. Membership is \$10 per year. Senior Club meets the 2nd and 4th Wednesday of every month from 1:30 – 4:00 pm at the Senior Center. Bingo, special trips, a chance to socialize with friends, and a short business meeting are some of the special features of this fun-filled, bi-monthly club.

Sun., Dec 4th:

6:00 – 10:00 PM – UNNC’s Holiday Craft Fair at the Senior Center. Start your holiday shopping early. Call Gail, UNNC president @ 278-2548 for more information.

Mon., Dec 5th & 12th :

10:00 am – 11:00 am Tai Chi Classes with Kristina Martin, certified instructor. Tai Chi helps to enhance your motor skills and balance. Classes are open to all individuals interested in this holistic exercise. Donations are accepted to help defray the costs of the program. (No Tai Chi Classes on the 19th & 26th due to the holidays. Classes resume the

second Monday in January, 2006 – see you there!)

Tues., Dec. 6th:

Cards @ the Senior Center from 1:30 – 4:00 PM – Come and join the fun. Contact Shirley at 508-278-8622 for more information about this new card group.

7:00 pm ~ Mental Health Support Group meeting at the Senior Center, 36 South Main Street. Please call Connie at 278-9833 if you have any questions or need more information about this important support group. All are welcome.

Weds. Dec 7th :

9:00 am ~ Interagency meeting at the Police Department

Thurs., Dec. 8th:

Wal-Mart Shopping – Pickup begins @ 8:30 AM – You must call each month to reserve your seat. Sorry, we cannot save your seat from month to month. Please call if you can't make it so the next person can jump aboard from our waiting list. Thank you!

Sun., Dec 11th:

2:00 pm – 4:00 pm : “Holiday Open House” sponsored by the Uxbridge Elderly Connection. The Blackstone Valley Community Chorus with Diane Pollard, Conductor will be on board with all your holiday favorites. There will be a special visit from our very own, Dave Moriarty as Santa! Don't miss this festive, fun-filled holiday afternoon. Complimentary refreshments, gifts from Santa, and plenty of good cheer. All are welcome.

Tues., Dec 13th:

5:00 PM COA Meeting

Weds., Dec., 14th:

11:30 AM - Lunch ~n~ Learn “Happy Holiday Gift Ideas” featuring Gail from Books & Books. Gail will display many of her unique holiday gifts and offer Books & Books discount Christmas coupons for those in attendance. One lucky winner will receive a special door prize donated from Books & Books. Don't

miss this spirited holiday luncheon and your chance to learn about the many exciting holiday gifts offered at Books & Books located right next to the Fire Station and directly across from the Uxbridge Senior Center. Something for everyone! Call Robin at 508-278-7609 to make your reservations for lunch. We will be serving a turkey dinner and a special holiday dessert. Don't forget to bring a friend!

Weds., Dec., 14th:

1:30 pm – Senior Club

Sat., Dec. 17th:

10:00 AM SERVE New England – Christmas Basket Distribution Day. Happy Holidays!

Sun., Dec. 18th:

6:00 – 10:00 PM – UNNC Holiday Meeting

Mon., Dec., 19th:

Fallon Rep., Jacqueline St. Germain, from 10-11:30 am. Jacqueline is an experienced Fallon executive and will be here to answer all your insurance questions. NOTE: Fallon has new health care options with reduced premiums. Come and discuss what plan is right for you. Ask about Medicare Part D and if your Fallon Plan will be effected. First come first served.

Thurs., Dec 22nd:

11:30 AM – Join us for a special holiday musical celebration featuring the Whittin School Flute Choir with Kathleen Penza, conductor. The children will sing and play all your holiday favorites. Santa will be on hand to help out with our "Secret Santa" gift swap. If you would like to participate in the Secret Santa gift swap please bring a new, wrapped, \$5 gift to the luncheon. You will receive a ticket as you enter for lunch. Everyone with a ticket will receive a gift from Santa! We will be serving a delicious holiday meal: Baked Ham, mashed potatoes, carrots, and Boston cream pie for dessert. Call Robin at 278-7609 to make your early reservation. Remember, transportation is always provided to our lunch program. Call Millie, or Joe, at 508-278-8622 24 hours in advance to schedule a ride. Join us for a jolly good old fashioned time!

Weds. Dec. 23rd

Center Closed for the Christmas Holiday. We will re-open on Monday, December 26th. Happy Holidays Uxbridge!

Thurs., Dec 29th:

11:30 AM - NEW YEARS @ NOON! Usher in the New Year early with us and music by Paul Belanger. We will have a “sparkling” toast, special giveaways, and plenty of fun stories and reminiscing during the lunch hour. Call Robin @ 278-7609 to reserve your seat. Happy 2006!

REMINDER: Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call us at 508-278-8622 to make your medical appointment reservation.

DECEMBER MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Robin @ 508-278-7609 at least one day ahead so we can reserve a meal for you. \$2 Donation per meal - \$3.50 ages 59 and under.

1ST CHICKEN CANTONESE

2ND: ROAST TURKEY W/GRAVY

3RD: VEAL PARMESAN

4TH: MEATBALLS W/SPANISH SAUCE

7TH: BUTTERMILK CHICKEN

8TH: SEAFOOD NEWBURG

9TH: MEATLOAF & GRAVY

10TH: CHICKEN DIVAN

11TH: CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY

14TH: BEEF STEW

15TH: SPAGHETTI & MEATBALLS

16TH: CHICKEN W/SUPREME SAUCE

17TH: BAKED HAM W/PINEAPPLE SAUCE

18TH: FISH VICTOR

21ST: VEGETABLE CHEESE BAKE

22ND: THANKSGIVING SPECIAL ROAST TURKEY/GRAVY & ALL THE FIXIINS!

23RD: MACRONI & CHEESE

24TH: CENTER CLOSED /THANKSGIVING DAY – NO MEALS SERVED

25TH: CHICKEN FRICASSEE (The Sr. Center is closed the day after thanksgiving) Tri Valley will serve lunch.

28TH: GARDEN SWISS STEAK

29TH: CHICKEN MORNAY

30TH: BEEF ZITI BAKE

The menu includes milk and margarine. Menus are subject to change. Reservations must be made 24 hours in advance. Please call 508-278-7609